

**Nutrient Analysis to Standards for Frozen Meal NA - Fri, Dec 4, 2020 at 3:55:50 pm**



**Nutrient Analysis to Standards for Frozen Meal NA - Fri, Dec 4, 2020 at 3:55:50 pm**

Chicken w/CPGravy/TurnipGreens/SwtDicedPot 20/cs (CAT028730)

RDA/AI - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000756 Chicken w/CPGravy/TurnipGreens/SwtDicedPot 20/cs	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	NA	549.0000		
Protein	G	19.0000	29.0000	21.1293%	152.6316%
Fiber	G	NA	7.0000		
Total lipid (fat)	G	NA	25.0000	40.9836%	
Carbohydrate, by diff	G	43.0000	53.0000	38.6157%	123.2558%
Cholesterol	MG	NA	61.0000		
Sodium	MG	NA	590.0000		
Calcium	MG	400.0000	304.0000		76.0000%
Fatty acids saturated	G	NA	5.0000		
Fatty acids trans	G	NA	0.0000		
Folate	UG	NA	80.0000		
Iron	MG	2.7000	3.8900		144.0741%
Magnesium	MG	140.0000	87.0000		62.1429%
Niacin	MG	NA	7.7200		
Phosphorus	MG	NA	45.0000		
Potassium	MG	NA	787.0000		
Riboflavin	MG	0.4300	0.4289		99.7442%
Selenium	UG	NA	0.0000		
Sugars	G	NA	2.0000		
Thiamin	MG	0.4000	0.3312		82.8000%
Vitamin A IU	IU	NA	24585.0000		
Vitamin A RAE	UG	300.0000	1257.0000		419.0000%
Vitamin B-12	UG	0.7900	0.9680		122.5316%
Vitamin B-6	MG	0.5700	0.7443		130.5789%
Vitamin C	MG	30.0000	37.0000		123.3333%
Vitamin D	IU	NA	19.3801		
Vitamin E	MG_ATE	5.0000	2.2794		45.5880%
Vitamin K	UG	NA	590.0000		
Zinc	MG	3.7000	3.5244		95.2541%

